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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

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PLENTIFUL FOODS FOR JUNE

Although the list is not long, it is expected that we will have more plentiful foods for June than we have had in the past few months. Welcome additions to the list are Cabbage and Potatoes. Also, it is anticipated that substantial supplies of locally produced fresh vegetables will be available in all of the leading markets.

June 15 - Plentiful Foods

1. Carrots
2. Cabbage
3. Potatoes
4. Tomatoes
5. Onions
6. Apple butter, citrus marmalade, jellies, and grape, plum, and fig jams.
7. Dry-mix soups
8. Dry edible peas
9. Soy flour, grits, and flakes
10. Wheat flour and bread
11. Macaroni, spaghetti, noodles
12. Oatmeal.

(over)

WAR FOOD ADMINISTRATION-OFFICE OF SUPPLY-CCC

Industrial Feeding Section-Room 700-821 Market Street San Francisco, 3, California
Telephone Exbrook 8381-Ex. 44

MEAT LOAF COLD

(Slices 3" x 1-1/2 x 1/2")

Ingredients	S e r v i n g s		
	20	50	100
Ground Cooked Meat	2	5 lbs.	10 lbs.
Onions, small	1/2	1	2
Green Pepper	1/2	1	2
Parsley, small bunch	1/4	1/2	1
Broth	1-3/4 cup	1 qt.	2 qts.
Gelatin, Plain	3 tbsp.	1/2 cup	1 cup
Salt	To Taste	To taste	To taste

Grind cold leftover meats (all kinds) medium fine. Cook onions, peppers and parsley in broth until done, strain and use liquid to mix with gelatin. Add to meat. Mix well and place in loaf pans in refrigerator until firm. Slice and serve.

TAMALE LOAF

Ingredients	S e r v i n g s		
	20	50	100
Yellow Corn Meal	1 lb.	2-1/2 lbs.	5 lbs.
Milk	1 qt.	2-1/2 qts.	5 qts.
Butter or substitute	3 tbsp.	1/4 lb.	1/2 lb.
Onions, chopped fine	2 med.	5 med.	10 med.
Garlic, chopped fine	1 small	2 med.	4 med.
Solid Pack Tomatoes	2 No. 2-1/2	1-#10 can	2 #10
Corn	2 No. 2-1/2	1-#10 can	2 #10
Salad Oil	1 cup	2-1/2 cups	5 cups
Cooked Ground Meat	3 cups	1-1/2 qts.	3 qts.
Olives	1 pt.	1-1/4 qts.	2-1/2 qts.
Eggs, beaten	6	15	30
Chili Powder	5 tbsp.	3/4 to 1 cup	1-1/2 to 2 c.

Cook cornmeal in milk as for cereal. Melt butter add onions and garlic, and cook until soft. Add tomatoes, corn and oil. Then add cornmeal and other ingredients and bring to a boil. Place in baking pan about two inches in depth and bake in a moderate 350°F. oven, 45 minutes.